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DR. RING'S

SANITARIUM,

ON ARLINGTON HEIGHTS,

(Eight miles from Boston, on the Boston & Lowell R. R.)



APR 30 1962

Dr. Ring's Sanitarium,

ON

ARLINGTON HEIGHTS, MASS.

HAVING recently retired from a large private practice of nearly fifteen years' duration, I have purchased from DR. DIO LEWIS his delightfully situated and thoroughly equipped Sanitarium at Arlington Heights, and in the future will devote myself to its management.

Physicians will need no assurance that their patients will receive constant attention from myself and assistants.

The institution differs in many important respects from any institution of a similar character of which we have knowledge. It is especially intended for *persons seeking rest*, who require a change of scene and air; for patients convalescing from *non-contagious diseases*, and for *invalids* suffering from curable chronic affections.

The delightful location of the Sanitarium, and its close proximity to Boston, makes it a most desirable home for patients whose friends reside in the city.

The atmosphere on Arlington Heights is remarkably pure. In summer the temperature is some degrees lower than in Boston or the neighboring valleys, while in winter it is higher.

Standing on Arlington Heights, Charles Sumner declared that he had visited no point on either continent from which the views were "so magnificent, varied, and beautiful." We can see and study the city of Boston and all its surrounding towns, the harbor, with its many beautiful islands, twenty miles of

incomparable sea-coast, the hill and mountain scenery of Eastern Massachusetts, and catch glimpses of the White Mountains.

The water is as pure as the famous Poland water, and analysis shows similar chemical properties, which accounts in considerable part for some remarkable recoveries at the institution. Many patients come now for the benefit to be derived from the air and water, which frequently prove curative without any other treatment. In disease of the liver, kidneys, and stomach, and affections of the nervous system, Arlington Heights offers greater advantages to persons of the Eastern and Western States than Georgia, Florida, or Texas during the autumn, winter and spring months, while in summer its climate is incomparable east of California. Not a few patients who formerly spent some months at great inconvenience and expense at the White Mountains, speak of the air here as equally pure and bracing, and are anxious to have the fact more widely known. For many years the conviction has been steadily growing among the people and among physicians that these Heights offer a natural sanitarium for winter and summer.

THE INSTITUTION

itself has many attractions, independent of its favorable surroundings, which cause it to be sought after in every season of the year. The rooms are large, well furnished, a number having running water, and supplied with gas, electric bells, and steam radiators. Life here is as bright and happy as in a pleasant home. We aim at making our patients as forgetful as possible of their ailments. We especially discourage all conversation among the patients about their troubles, as we consider the habit of discussing such topics as not only unpleasant but exceedingly depressing and injurious. No influence at work in a health institution retards the progress of patients so much as the too frequent habit of nursing and fondling their sufferings, real or imaginary, in conversation with each other.

By every means we endeavor to infuse a social, homelike atmosphere in the institution, and each new comer is made to feel that he or she is among friends and is welcome.

There is nothing of the *hospital* or *invalid* air about the Sanitarium, which is often supposed to be the case by many who have not visited us. Everything is calculated to make one well, cheerful, and happy.

—TREATMENT—

In the treatment of chronic diseases we avail ourselves of every well-tried method. Having graduated from allopathic and homœopathic schools of medicine, we feel at liberty to practice as in our judgment and experience seems best in each individual case ; but, as far as possible, we grow yearly more opposed to the frequent administration of drugs in chronic diseases. The majority of cases seeking relief at this, and at similar institutions, have been victims of already too much drugging. Besides the careful attention paid to general hygienic treatment, by which we mean regard to all known laws of health, especially to DIET, EXERCISE and REST, we believe in the judicious use of the

—TURKISH BATH AND MASSAGE—

The latter includes the *Dry Rubbing* at night, and *Percussion* by means of rubber balls, the use of which is peculiar to this institution. *Our Turkish Baths* are unsurpassed in efficiency by any kindred institution in this country. From our more recent practical experience, and many years' observation while in private practice, of their great value in chronic diseases, and with patients convalescing, we now unhesitatingly recommend them to most patients coming under our care.

On another page we append the mature opinions of a number of well-known medical men who have written on the advantages to be derived from the judicious use of the hot-air or Turkish Bath, which are fully confirmed by our own experience.

We also employ in certain cases as valuable adjuncts in treatment, Electricity, Electro-thermal, Russian or vapor bath, and other baths.

TERMS

The terms depend largely upon the nature of the case, treatment, and amount of nursing required, and the room or rooms occupied ; but it may be said that the prices range from \$10 to \$20 per week for the patient, and \$7 for a friend or nurse accompanying patient and occupying the same room. These terms include board, baths, medical advice and such treatment as may be ordered by the physicians. An extra charge of \$5 is made for the first consultation, and \$8 where a careful physical examination and diagnosis is made. It will be seen that treatment at our institution is not expensive when it is considered that board, baths, professional advice and treatment are all included.

Patients will please bring with them a short statement of their cases either from their family physician or the physician last in attendance ; and it is expected that patients will spend at least one month under treatment in the institution, and give not less than one week's notice at the office before leaving.

Bills are payable at the office every Saturday morning.

Address

ALLAN M. RING, M. D.,
Sanitarium, Arlington Heights, Mass.

Trains Between Boston and Arlington Heights, Boston & Lowell Station.

From Boston.	Leave	Arrive	From Boston.	Leave	Arrive
A. M.	A. M.	A. M.	A. M.	A. M.	A. M.
7.05	7.40	6.50	6.18	6.50	6.50
8.15	8.46	7.17	7.17	7.50	7.50
9.30	10.01	8.15	7.54	8.15	8.15
P. M.	P. M.	8.11	8.11	8.45	8.45
12.20	12.50	9.17	9.17	9.45	9.45
2.40	3.09	10.41	10.41	11.15	11.15
4.20	4.51	P. M.	P. M.	P. M.	P. M.
5.20	5.51	1.15	1.15	1.43	1.43
5.45	6.06	3.50	3.50	4.15	4.15
6.25	6.57	4.32	4.32	5.02	5.02
7.45	8.13	6.44	6.44	7.15	7.15
10.20	10.48	9.26	9.26	9.58	9.58
Wednesdays.	10.20	10.41	10.11	10.41	10.41
P. M.	P. M.	Sundays.	Sundays.	Sundays.	Sundays.
11.10	11.38	A. M.	A. M.	A. M.	A. M.
P. M.	P. M.	9.26	9.26	9.58	9.58
1.30	1.59				
To Boston.					

A depot carriage is in waiting for every train to convey to Sanitarium up to 7.45 P. M. train from Boston. Orders can be given for late trains.

OPINIONS OF MEDICAL MEN,

Who have written about the Turkish Bath.

DR. LEWIS A. SAYRE, the eminent New York surgeon, after repeated trials of the bath, in his own person and in his patients, sums up thus: "When the medical profession arrive at a thorough knowledge of hot-air baths, they will prescribe baths more, medicine less, and be of more service to their patients."

DR. AUSTIN FLINT, of New York, says: "As a remedy for sleeplessness, hot-air Roman baths are better than bromides, chloral or opiates."

SIR BENJAMIN BRODIE declares that "the hot-air baths are of great use in dyspeptic and gouty habits, and for those who lead inactive lives."

The distinguished PROF. ERASMUS WILSON warmly declares: "We no longer ask ourselves what diseases can be cured by the Turkish Bath, but what diseases can resist its power."

The eminent author, GOSSE, of Geneva, affirms: "It is the real panacea for the larger portion of the diseases which assail mankind."

DR. HAMMOND, New York, Surgeon-General U. S. A., and the highest authority on diseases of the nerves and brain in America, says: "In many affections of the nervous system, and in cerebral congestion, Turkish Baths cannot be too highly commended."

SIR JOHN FIFE, M.D., Senior Surgeon to the great Newcastle Infirmary, enthusiastically declares, in speaking of the treatment of rheumatism by the bath: "Some with their joints much swollen, and suffering martyrdom, were conveyed helpless into the bath, as into the Elysium where ache and pain vanish." And again Sir John writes: "Its effects are most remarkable in obviating disorders and palliating diseases of the liver and kidneys."

The House Surgeon of the great Newcastle-on-Tyne Infirmary, where not less than 12,000 patients are treated annually, says: "Another year's experience has confirmed me in the opinion expressed in my last report as to the great value of the Turkish Bath in cases of rheumatism, dropsy, skin disease, catarrh, influenza, ague, chronic bronchitis, and affections of old people attended by dry condition of the mucous membrane." In this great infirmary,

and in all the great hospitals, asylums and infirmaries in Great Britain and Ireland, the Turkish Bath is now used in curing any known malady.

The exalted character of that gentleman and scholar, PROF. TOWNSEND, of Boston University, gives peculiar interest to the following note :

"BOSTON UNIVERSITY, Feb. 12, 1879.

"Having enjoyed regularly, during the last four years, the luxury and benefit of the Turkish Bath, I feel that others who are often taxed and jaded with professional work ought to have the advantage of my experience.

"In a word, I am convinced that if I could persuade professional men to use these baths systematically, I should thereby render them physiologically the kindest and greatest service possible. L. T. TOWNSEND."

"Pain and ache vanish as if by magic in the bath."—DR. BRERETON.

DR. LONGLEY insists that "Turkish Baths shall be provided by the government, as in the days of the Roman empire."

DR. COLT, of Williamsburgh, L. I., says: "I consider the Turkish Bath as especially beneficial in catarrhal affections."

DR. J. E. BROWN, of Philadelphia, says: "As a curative and pleasant process, I can heartily recommend the Turkish Bath."

"In the early stages of consumption, and other forms of scrofula, the bath has been found greatly advantageous. For neuralgia, dyspepsia, and catarrh, the Turkish Bath is invaluable."—CHARLES H. SHEPARD, M.D., Brooklyn, N. Y.

DR. WILSON further adds: "In the bath, the skin acquires color, freshness, firmness, and elasticity. It loses the muddy and faded hue of ill health. As the skin regains its health by the bath, the hair returns upon the scalp of the bald; and white hairs which have crept untimely and unbidden among the dark locks of mid-age shrink away from sight."

"By timely recourse to Turkish or Hot-Air Baths, bronchitis, diarrhœa or dysentery may be prevented or relieved."—JOHN T. METCALF, M.D.

DR. ERASMUS WILSON, one of the most celebrated writers on diseases of the skin, speaks of the Turkish Bath in the following terms: "How marvellously soothing! All care, all anxiety, all trouble, all memory of the external world and its miserable littleness is chased from the mind. Our thoughts are absorbed in rapturous contemplation of the delights of the new world—the paradise into which we have just been admitted. The tyrant Pain, even loses his miscreant power here. The headache is gone; the spasm no longer abides; the pang of neuralgia, of rheumatism, of gout—all are fled; for this is the region where the suffering find a soothing relief from all their torments; and over the door is it not written, '*This is the Calidarium: pain enters not here!*'"

"It has become a question with me, not what the bath will cure, but what it will not."—DR. BRERETON.

"Gout, rheumatism, and neuralgia are said to be unknown among the Turks."—DR. LEARNED, in the London *Lancet*.

"All unfavorable influences of climate and national habits combine to suggest the more extended use of the Turkish Bath as a national need; and surely, if slowly, will their hygienic, their soothing, their invigorating influences commend themselves to our over-worked, harassed, and sedentary population. That these baths facilitate digestion was known of old."—PROF. GEORGE T. ELLIOT, M.D., Bellevue Medical College, New York.

DR. THOMAS H. KELLOGG, Resident Physician of the New York City Asylum for the Insane, in his annual report for 1873, thus refers to the Turkish Bath: "During the past year there have been prescribed and administered to our patients 2,280 Turkish Baths." In conclusion, Dr Kellogg affirms that the Turkish Bath "should be made one of the curative resources of every hospital for the insane."

PROF. HENSLER says: "After suffering undescrivable tortures with sciatica for nearly two weeks, I went in despair, *incog.*, to a Turkish Bath, in a distant part of the town. I returned to my house two hours later, delighted and bewildered. I said to myself, if this relief continues, I shall investigate this new bath. Now, although it hurts my treasury, I send every patient suffering from any form of neuralgia, rheumatism, or derangement of the kidneys, directly to the bath, satisfied that that alone will do infinitely more for them than all my drugs."

"Bright's disease of the kidneys is more rare when the bath is habitally resorted to. It will improve the health of patients with incipient consumption. It is also good in diabetes and diseases of the skin, erythema, etc."—W. H. THOMPSON, M.D., LL.D., Prof. of Materia Medica, New York.